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Healthy Bites

Information To Improve the Selection and Use Of Foods In Your Home

Volume XXIV

Vegetarian Diets for Teenagers

Many teenagers are choosing to follow some type of vegetarian diet. With careful planning, a vegetarian diet can provide you with a strong foundation of nutrients you need and foods you enjoy.

Calorie needs:
Calorie needs are unique for each individual and are important in growth and development, especially during teen years. Females need about 2,200 calories and males need about 2,500 to 3,000 calories. These amounts vary depending on activity level.

Zinc:
Zinc is important for growth and sexual maturation. Zinc can be found in whole grains, nuts, legumes and fortified breakfast cereals.

Calcium:
Teenagers need about 1,300 milligrams calcium daily for strong bones. Vegetarians who do not drink milk or eat other dairy products can get calcium from calcium-fortified products such as orange juice, soymilk and breakfast cereals, as well as spinach, kale and broccoli, some legumes and soybean products.

Protein:
Plant proteins alone can provide all the protein you need as long as you have a variety of sources. Lowfat dairy products (milk, cheese and yogurt) and combinations of whole grains, vegetables, legumes, nuts and seeds are all sources of protein in your diet.

Vitamin B-12:
Vitamin B-12 comes naturally only from animal sources. It is found in dairy products and can also be found in fortified breakfast cereals. Vegans need to include products such as fortified breakfast cereals or vitamin pills to get enough B-12.

Iron:
Vegetarians may be at risk for iron deficiency. Teenage girls need to eat an iron-dense diet because of their lower calorie intake and greater iron needs. Good sources of iron include fortified breakfast cereals and oatmeal, fortified breads, nuts, nut butters and dried fruits.

Lacto-ovo diet*:
This diet includes dairy products such as milk, cheese and yogurt and eggs but excludes meat, poultry and fish.

Vegan or strict vegetarian diet*:
This diet includes only foods of plant origin: fruits, vegetables, legumes (dried beans and peas), grains, seeds and nuts.

Source: By Beth H. Olson, Ph.D., MSU Extension Nutrition Specialist

Word Wise

Lacto-ovo diet, vegan or strict vegetarian diet

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Source: MSU Extension

Blueberry Muffins

Ingredients

1 cup flour	1 egg
1 cup oatmeal	1 cup milk
3 tbsp. Sugar	1/4 cup vegetable oil
4 tsp. baking powder	1 tsp. salt
Non stick spray	1 cup blueberries, washed

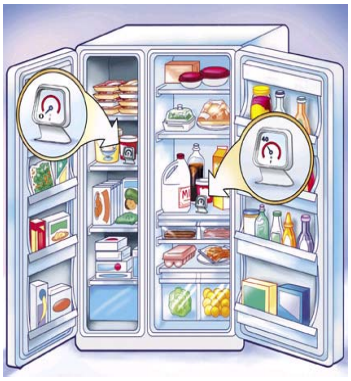
Directions

Preheat oven to 400 degree. In a large bowl, mix together flour, oatmeal, sugar, salt and baking powder. Mix in blueberries. In another bowl, break the egg and beat just a little. Add milk and vegetable oil and mix. Add this mixture to the first mixture in a large bowl. Mix about 25 or 30 times. Don't mix too much! Prepare muffin pan with nonstick spray. Fill each muffin cup about two thirds full. Bake for 20 minutes. Cool & remove to a wire rack. Serves 12. 162 calories, 6 grams fat, 1 gram fiber.

Source: www.kidshealth.org

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.
Contact me at 586-469-6432 or haramin2@msu.edu. Thank you. —Eileen Haraminac

Does Your Refrigerator Have A Fever?



Refrigeration Tips to Keep Your Food Safe

Although the refrigerator is an essential kitchen appliance, Americans lack important knowledge on how to keep foods safe in the fridge. A survey conducted by The American Dietetic Association (ADA) and ConAgra Foundation, found that most consumers do not understand the consequences of storing foods at an incorrect temperature.

Just four out of ten consumers recognize that eating food stored in a refrigerator with a temperature higher than 40°F would increase the likelihood of foodborne illness. According to experts, cold temperatures (40° F or below) keep harmful bacteria from growing.

Refrigerator tempertures fluctuate, especially from season to season. The best way to regulate your refrigerator is with a refrigerator thermometer. Set the thermometer in the center of the middle shelf (not on the door) and keep it inside at all times. Most importantly, check the temperature regularly to be sure your food is stored safely below 40°F! Adjust the settings on the control dial accordingly.

Living with Leftovers

Perishable leftovers from a meal *should not stay out of refrigeration longer than two hours.* In hot weather (80° F or above), this time is reduced to one hour. Here are general guidelines for storing leftovers.

Source: www.homefoodsafety.org

Leftovers	Keeps Up To
Cooked fresh vegetables	3-4 days
Cooked rice	1 week
Deli counter meats	5 days
Ham, cooked and sliced	3-4 days
Hot dogs, opened	1 week
Lunch meats, prepackaged, opened	3-5 days
Cooked beef, pork, poultry, fish and meat casseroles	3-4 days
Cooked patties and nuggets, gravy and broth	1-2 days
Seafood, cooked	2 days
Soups and stews	3-4 days

Check the Label

Servings per container

The servings per container are included to let you compare what you actually eat with the serving size of that product. So remember, if the serving size is 1 cup and you eat 2 cups, then you will need to double the numbers on the label. The amount of calories in one serving of the product is listed.

Source: Kid's World Nutrition Information

Nutrition Facts

Serving Size 1 cup (85g) (3 oz.)
Servings per container 2.5

Amount per serving
Calories 45 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55 mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 1g	

Vitamin A 360% • Vitamin C 8% • Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300mg	375mg
Dietary Fiber	Less than	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Trivia

Do you know what the difference is between CHILE and CHILI?

Chile is anything consisting of the Capsicum plant or the fruit from the plant (red, green, yellow or orange)

Chili is a culinary dish consisting of chile powder, beans, tomato and ground beef.

Source: www.unm.edu/ehpp/triviaanswers.htm